

Lower Back Pain Treatment

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From the abundance of various so-called cures for lower back pain, it is obvious to me that it has become a virtual epidemic. Lower back pain treatment comes in all types, from the simple, to the complex, the safe to the risky, the prosaic to the extreme, and the cheap to the expensive. There is a reason that so many types of lower back pain treatment are available to make your body healthy and free from pain again. If you have ever had bad lower back pain, you will understand. It makes life absolutely miserable. Just getting out of bed and starting your day, or even lying in bed, can be a terrible experience with severe back pain. Anyone who has thrown out their back understands the importance of lower back pain treatment.

The most simple lower back pain treatment involves changing things about your routine. Ergonomics is of paramount importance for this kind of lower back pain treatment. If your bed does not have a comfortable mattress, a better one can substantially decrease lower back pain. If you slouch, better posture can help. If your work place is poorly designed, it can put tremendous pressure on your spine, so just re-arranging your desk can sometimes prove a tremendously helpful lower back pain treatment. Then, of course, there is health. If you live a very sedentary life, it is not doing good things for your spine. If you are overweight as well, the chances of needing lower back pain treatment grow tremendously. Doing regular exercise, stretching, and eating healthily can do wonders for your back pain. If it is severe, you can also go to a chiropractor, who may be able to provide some degree of relief and help you get on your feet faster. I have been to one myself, and let me tell you, they work wonders! Of course, if you have serious damage to your spine, you may need a much more drastic type of lower back pain treatment. In all circumstances, it is better to deal with spinal issues before it gets to this point, because spinal surgery is terrible! No matter what it is, from the repairing of a ruptured disk, to spinal fusion, your spine will always be a little more fragile, and never work quite as well again. You will lose flexibility and be more vulnerable to injury. Worst of all, the chances are good that, after undergoing surgery, you will need further lower back pain treatment.